

## COMMODITY DISTRIBUTION Fact Sheet

**Name:** Pears, Bartlett

**Product Description:**

Good-quality Bartlett pears will be bell-shaped, thin-skinned with smooth textured white flesh. Bartletts are very juicy with a sweet, spicy flavor. Unripe pears should be firm with no cuts or bruises on the skin. Bartlett pears will turn from green to yellow and yield to gentle pressure at the stem end when ripe.

**Peak Growing Season:**

August through December

**Uses:**

Bartletts hold shape well for baking, poaching, canning, and are excellent for eating fresh in salads or out-of hand.

**Preparation:**

Handle pears with care to prevent bruising and wash in cool water just prior to serving. If serving fresh cut pears, toss cut fruit with lemon juice to avoid browning.

**Storage:**

Keep unripe pears at room temperature (60 to 70 degrees F) until ripe. Check daily for ripeness. Depending on how long they have been removed from cold storage, they may ripen in as few as 3 to 4 days, or take as long as 5 to 7 days. When they yield to the gentle pressure they are ready to eat. Once ripe, pears should be used at once, or put under refrigeration at 35° to 45° F. Refrigeration will only retard the ripening process; therefore, plan to use them as soon as possible.

**Best if Used By:**

Ripe pears should be consumed within 2 days.

**Nutrition Facts:**

Serving size 1 medium (166g)

Calories	98	Calcium	19mg
Fat	.66g	Sodium	1mg
Carbohydrate	25g	Iron	0.41mg
Saturated Fat	0g	Vitamin A	33 IU
Protein	.65g	Vitamin C	7mg
Cholesterol	0mg	Dietary Fiber	4.5g

**Sources of Information:**

[www.produceoasis.com](http://www.produceoasis.com)

[www.usapears.com](http://www.usapears.com)

Produce Marketing Association, 1989. Fresh Produce - Reference Manual for Food Service, PMA.